

## SC-DHEC Division of Cardiovascular Health 2002-03 CVH Community Grants

For the 2002-03 fiscal year, the Division of Cardiovascular Health awarded thirteen health districts with grants to continue local projects in collaboration with community partners. The projects relate to policy and environmental initiatives in the areas of physical activity, heart healthy dietary intake, tobacco use prevention, and high cholesterol and hypertension reduction and prevention among the priority populations of rural, indigent/underserved, and/or African-American. Participating districts include: Appalachia I, Appalachia II, Appalachia III, Catawba, Edisto, Low Country, Lower Savannah, Palmetto, Pee Dee, Trident, Upper Savannah, Wacammaw, and Wateree.

SOUTH CAROLINA HEALTH DISTRICTS



In addition to the financial awards, the Division of Cardiovascular Health at DHEC has been providing technical assistance to the health districts in working to improve the cardiovascular health of South Carolinians. Summaries of the 2002-03 health district plans for policy and environmental changes are listed below.

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### Appalachia I Health District: Westside "Growing Healthy" Project

**Project Summary:** The goal of the project is to reduce CVD risk factors (physical activity, nutrition, and weight management) by supporting positive environmental, policy, and behavioral changes among residents in a primarily African-American section of Anderson County. The project will provide a venue for physical activity and health promotion by renovating an existing neighborhood community center. Safe playground equipment, basketball courts, a pavilion, and a walking track with dusk-to-dawn lighting will be made available to the community. The renovated center will also become the site for the faith communities "Healthy Spirit" trainings.



**Partners:** Anderson County HP 2010 Coalition, Partners for a Healthy Community, Westside Community Center, AnMed Healthy System – Quality and Process Improvement and Community Outreach, Anderson County, Anderson Safe Kids, Anderson City Police and Clemson Extension.

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### Appalachia II Health District: Travelers Rest Alliance for Community Health

**Project Summary:** Partnership in the Travelers Rest community with Meadow Fork Baptist Church to develop a community wellness program focusing on CVD risk factors of physical activity and nutrition. The district is working with the church to implement an after-school program designed to develop physical activity skills among African-American children and create a walking trail. The overall intended outcome of the collaboration is to provide increased opportunities for the African-American community in Travelers Rest to engage in



physical activities. The health district has also partnered with a local elementary school to provide environmental support and incentives to increase physical activity among the students. In addition, a social marketing campaign with input from the target community will be utilized to raise awareness of the need for lifestyle changes to reduce the risk of cardiovascular disease.

**Partners:** Meadow Fork Baptist Church, Gateway Elementary School, and Greenville Hospital System.

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### **Appalachia III Health District: "Fit Schools" Project**

**Project Summary:** This health district is collaborating with local non-profits HeartWise and Spartanburg Nutrition Council to implement a school-based approach to improving cardiovascular health. Fit Schools is actually two initiatives in one: Spartanburg Safe Routes to School and "You're EATING Healthy" (YEAH). The purpose of the project is to address physical inactivity and poor nutrition as they relate to cardiovascular disease among African-American residents in Spartanburg County. Spartanburg Safe Routes to School is a long-term intervention designed to improve walking conditions along identified routes to school for selected schools. This will involve a partnership between the school, city, county, and the local community to develop safer, more inviting environments that encourage parents and children to walk together to and from school. YEAH is designed to impact the nutrition of elementary school students by increasing the capacity of community members to address issues related to heart healthy food availability in schools, increase the availability of heart healthy foods in schools, and increase student demand for heart healthy food items.

**Partners:** HeartWise: A Community Partnership and the Spartanburg Nutrition Council.

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### **Catawba Health District: Healthy and Whole**

**Project Summary:** This faith-based program will address cardiovascular heart disease, stroke, cancer and diabetes in African-Americans residing in Lancaster County with health information and education provided by community agencies and providers. Steele Hill AME Zion will have a walking trail as well as a walking/exercise club. Additionally, Steele Hill will establish a wellness committee and select a Congregational Health Promoter (CHP). The CHP, wellness committee and Healthy and Whole's executive director will develop and implement a health promotion curriculum containing health education activities, programs, classes and health screenings as well as gardening techniques to grow food and improve physical activity. The executive director will encourage the formal adoption of wellness committees and health promotion programs by other congregations in the area.

**Partners:** Steele Hill AME Zion Church.

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### **Edisto & Lower Savannah Health Districts: Healthy Heart and Diabetes Prevention Initiative**

**Project Summary:** The Healthy Heart & Diabetes Initiative uses an established community network to address heart disease and diabetes, with an emphasis on nutrition and physical activity. The goal of this project is to increase the quality, availability, and effectiveness of community-based educational



services that promote good health practices and support policy change to improve the health status of our citizens. Their environmental interventions include the construction of walking trails in the town of Fairfax located in Allendale County and Santee located in Orangeburg County. In addition, an incentive based walking program will be utilized with the new and renovated walking trails. The Holly Hill Task Force has been working with churches to develop wellness programs in the community and impact health status. Generations Unlimited will have a wellness referral program for individuals with diabetes, cardiovascular disease and obesity and who are under a doctor's care. They will also conduct the **Just Do It** program to help children and their parents or caregivers learn how to develop healthy lifestyles for better weight management.



**Partners:** The Regional Medical Center (Orangeburg and Calhoun) and Allendale County ALIVE Health Task Force, Holly Hill Community Task Force.

### Low Country Health District: Cardiovascular Risk Reduction Project

**Project Summary:** The primary component of this intervention is environmental change oriented and aimed at creating access to, and increased use of, fresh fruits and vegetables for Hampton County residents. The focus will be on creating one or more Farmer's Markets that would be open at least once a month. Partnerships with the extension services of Clemson and SC State University will provide educational programs to residents on fruit and vegetable preparation as well as working with farmers wishing to participate in the farmer's market. Other areas of the comprehensive risk reduction project will focus on the use of existing community resources for the promotion of physical activity and improved nutrition and the implementation of a smoking cessation program linked with nicotine replacement therapy.



**Partners:** PRO Hampton, SC State 1890 Extension Services, Clemson Extension Services, Hampton County Recreation Department, Low Country AHEC, Hampton Regional Medical Center & Hampton County Coordinating Council.

### Palmetto Health District: "Promoting Healthy Congregations" Project

**Project Summary:** The project's goals focus on increasing policy and environmental support systems to help faith-based congregations and their members in becoming more physically active, eating healthy foods, and decreasing tobacco use by enhancing their existing or planned cardiovascular-related programs. Project strategies include: developing a community asset map to determine where community strengths, assets, and resources exist; creating a community-wide campaign including TV and radio, targeted messages for bulletins, newsletters and other inserts; and targeting interventions focusing on physical activity, healthy eating, and tobacco control that can create policy and environmental changes within the church or organization. Churches and faith organizations will be able to select the specific policy and environmental strategies that best fit their congregational needs.



**Partners:** 7<sup>th</sup> Episcopal District AME Church, Heart & Soul, USC School of Public Health, Gill Creek Baptist Church, Community Relations Council, Interdenominational Ministerial Alliance, Parish Nurse Program, Midlands Partnership Parish Nurse Program & Actwork Community Organization.

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### **Pee Dee Health District: The McColl Healthy Living Project**

**Project Summary:** The mayor and the town council have launched a yearlong Healthy Living campaign for the Town of McColl to promote the benefits of healthy living to its citizens.

Projects include the implementation of a 10,000 Steps Walking Campaign; the inclusion of time allotted for daily walking into business policies in the Town of McColl; and the increase and linkage of sidewalks and walking paths within the town. Within the school setting, the institutionalization of “Walk Your Children to School Day” and the incorporation of daily physical activities into the local elementary/middle school activities are being sought.

**Partners:** Town of McColl, Clemson Cooperative Extension Services, Housing Authority of Marlboro County, Marlboro County Parks and Recreation, McColl Elementary/Middle School, and local churches, businesses and health care institutions.

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### **Trident Health District: “Get Moving . . . Get Fit” Project**

**Project Summary:** Project to assist African-American community groups in establishing and maintaining positive physical activity patterns by initiating low-impact aerobics and nutrition education classes in their community. To promote community buy-in and help ensure sustainability, community members are becoming certified aerobic instructors. The health district will also develop and implement a media campaign to promote physically active lifestyles and heart healthy diets as ways to prevent CVD in African-American communities.



**Partners:** Greater Goodwill AME Church, Murray United Methodist Church, Emmanuel AME Church, St. Andrews Episcopal Church, Graham AME Church, MUSC REACH 2010 – Diabetes Education Program, WCBD – Channel 2, Moncks Corner Community and Ridgeville Community.

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### **Wateree Health District: “Soulfully Fit: An African-American Church-Based Healthy Lifestyle Program”**

**Project Summary:** “Soulfully Fit” is a project designed to establish a network of churches that have a healthy lifestyle program for African-American women to reduce their risk of cardiovascular and other chronic diseases. It seeks to improve personal health through a social support network as well as developing policies and changing environments through an organized faith network. Local church members will be trained to establish and maintain a health ministry and institutionalize health promotion activities into existing ministries. Environmental and policy changes will include the establishment of walking clubs or physical activity programs at





churches, utilizing church facilities for walking trails, serving nutritious foods at church fellowship functions and incorporating health messages into sermons. In addition to working closely with the faith community, Wateree Health District will also collaborate with Morris College, a local Historically Black College, and several additional partners to support to this project.

**Partners:** Morris College, Citizens for a Healthy Sumter Advisory Board, the Sumter Concerned Black Clergy, Tuomey Healthcare Systems, and local churches, businesses and organizations.

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### **Upper Savannah Health District: Cardiovascular Disease Prevention Initiative**



**Project Summary:** The Health District will continue to participate on the Healthy Schools Task Force in Saluda Elementary as well as pilot a “fruit house” in Edgefield County to help increase fruit and vegetable consumption. They also plan to continue working with roadside produce markets in Saluda. An additional walking route located in an African-American neighborhood will be mapped and marked and/or promoted by Prevention NET. The Minority Healthy Coalition will continue to promote nutrition and physical activity through various projects in Greenwood County.

**Partners:** Prevention NET, Upper Savannah Minority Health Coalition & Bland Baptist Church.

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### **Waccamaw Public Health District: The CHOICE Project (Cardiovascular Health Outreach Initiative for Community Empowerment)**

**Project Summary:** Through the collaborative partnership, health promotion ministries will be created in individual churches with trained facilitators; church supported physical activity opportunities will be offered such as gospel-aerobics classes, walking clubs and recreation ministry; and walking trails on church grounds/property or outside facilities such as a ball field, basketball court, track or playground will be established. Other policy and environmental interventions will include: monthly events such as Smokeless Sundays and Healthy CHOICE Day, community health fair for CVD screening and health promotion activities, as well as the development of a policy to regularly feature targeted health promotion messages through various church related media outlets (bulletin insert, newsletter, and bulletin board). The participating churches will be trained in the **Get Educated! Get Motivated!** curriculum. The Church Coordinating Council will provide feedback and direction on the implementation and progress within the church.



**Partners:** Healthy Communities Task Force, local churches, Parks and Recreation and Black River Health Care.

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